



# Exploring the Essentials of Healthy Personality: What Is Normal?

*Camay Woodall*

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## **Exploring the Essentials of Healthy Personality: What Is Normal?** Camay Woodall

What is "normal" when it comes to human personality? And is it possible to achieve emotional health through intended effort, just like physical health? Clinical psychologist Camay Woodall, PhD, addresses these complex questions and many more in this work that cogently discusses the parameters of emotional health. This book covers historical concepts; examines personality at its formative stages and beyond; explains how "normal behavior" varies widely, yet emotional symptoms are definable; and pinpoints the common aspects of normality in human personality, such as the need for social connection, the struggle for realism, and the ability to come to terms with guilt.

Covering topics that include anxiety; self-esteem; depression; food (and the abuses of it), sex, love, and intimacy; shame and guilt; and spirituality, this book identifies common sources of dysfunctional personality traits and stresses the importance of individual responsibility in each area. Each chapter is richly illustrated by actual case studies from the author's 30 years of experience. The book will be of interest and highly useful to undergraduate or graduate-level students of psychotherapy, individuals undergoing therapy, parents who are concerned about their own or their family's behavior, and general readers.

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